

Healthy Lunch Schedule

Purpose of Activity:

1. To help youth learn to pick health options when eating lunch at school.

Materials Needed:

- Copies of a school lunch schedule for each participant.

Instructions:

1. Locate a school lunch schedule and make enough copies for one per participant. Also, decide on a color code system you want to use. For example, red = unhealthy; yellow = just a little healthy; and green = healthy.
2. Share the menu with the youth and ask them to help you decide what color (of the color code) to give each food. Then, have them compare how many lunch options there are with the green versus the red or yellow color.
3. Remind participants of the Balanced Your Plate activity. Talk about ways they can avoid eating unhealthy foods that might be on the lunch menu (*e.g., only choosing the healthier options; bringing lunch from home; talking to the school about offering more healthy choices*).